Meat

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Veal, fillet, cooked	38.6	38.6	77.2	56.8
Lamb cooked; muscle tissue deprived of visible fat	35.6	35.6	71.2	52.4
Guinea fowl, leg, skinless, cooked	34.4	34.4	68.8	50.6
Chicken, skinned wing, cooked	31.7	31.7	63.4	46.6
Chicken, melted with skin, cooked	31.2	31.2	62.4	45.9
Lamb, leg, cooked without visible fat	31.1	31.1	62.2	45.7
Guinea fowl, breast, skinless, cooked	30.7	30.7	61.4	45.1
Chicken, breast, cooked	30.2	30.2	60.4	44.4
Turkey, boot leg, skinless, cooked	30.2	30.2	60.4	44.4
Pork, light, steak, cooked	30.1	30.1	60.2	44.3
Chicken, melted without skin, cooked	29.9	29.9	59.8	44
Turkey, rump, cooked	29.6	29.6	59.2	43.5
Whole skinless chicken, cooked	28.9	28.9	57.8	42.5
Lamb, cutlet, cooked without visible fat	28.7	28.7	57.4	42.2
Chicken, shell without skin, cooked	28.3	28.3	56.6	41.6
Whole chicken with skin, cooked	28.3	28.3	56.6	41.6
Turkey, melted, skinless, cooked	28	28	56	41.2
Whole rabbit, cooked	27.9	27.9	55.8	41
Whole skinless chicken, cooked	27.9	27.9	55.8	41
Whole chicken with skin, cooked	27.1	27.1	54.2	39.9
Chicken, boot with leather, cooked	26.7	26.7	53.4	39.3
Turkey, melted, with skin, cooked	26.7	26.7	53.4	39.3
Guinea fowl, breast, skinless, raw	25.8	25.8	51.6	37.9
Quail	25	25	50	36.8
Pheasant	24.3	24.3	48.6	35.7
Guinea fowl, leg, with skin, raw	24.3	24.3	48.6	35.7
Turkey, raw rump	24	24	48	35.3
Guinea fowl, leg, skinless, raw	24	24	48	35.3
Chicken, raw brisket	23.3	23.3	46.6	34.3
Ostrich, cooked	22.2	22.2	44.4	32.6
Young pigeon	22.1	22.1	44.2	32.5
Adult bovine or bullock - underside deprived of visible fat	22	22	44	32.4
Whole turkey, without raw skin	21.9	21.9	43.8	32.2
Adult bovine or bullock - loin - deprived of visible fat)	21.8	21.8	43.6	32.1
Adult bovine or bullock - rump - deprived of visible fat	21.8	21.8	43.6	32.1
Adult bovine or bullock - shoulder, muscle, round, shoulder clod - deprived of visible fat	21.5	21.5	43	31.6
Adult bovine or bullock - rear cuts	21.5	21.5	43	31.6
Adult bovine or bullock - rump - deprived of visible fat	21.4	21.4	42.8	31.5
Domestic duck	21.4	21.4	42.8	31.5
Adult bovine or calf - round - deprived of visible fat	21.3	21.3	42.6	31.3
Adult bovine or bullock - walnut - deprived of visible fat	21.3	21.3	42.6	31.3
Pork, light, raw steak	21.3	21.3	42.6	31.3
Adult bovine or bullock - rib - deprived of visible fat	21.3	21.3	42.6	31.3
Rabbit, leg	21	21	42	30.9
Deer deprived of visible fat	21	21	42	30.9
Fallow deer	21	21	42	30.9
Hen	20.9	20.9	41.8	30.7
Adult bovine or bullock - front and rear shank - deprived of visible fat	20.9	20.9	41.8	30.7
Pork, heavy, loin	20.8	20.8	41.6	30.6
Pork, light, loin	20.7	20.7	41.4	30.4
Veal, raw fillet	20.7	20.7	41.4	30.4
Adult bovine or bullock - fillet - deprived of visible fat)	20.5	20.5	41	30.1
Adult bovine or bullock - front cuts	20.5	20.5	41	30.1
Lamb, raw cutlet deprived of visible fat	20.4	20.4	40.8	30
Pork, heavy, leg	20.4	20.4	40.8	30
Whole rabbit, frozen	20.3	20.3	40.6	29.9
Pork, light, leg	20.2	20.2	40.4	29.7
Lamb (muscle tissue deprived of visible fat)	20	20	40	29.4
Lamb, raw leg (muscle tissue deprived of visible fat)	20	20	40	29.4
Whole raw rabbit	19.9	19.9	39.8	29.3

Horse	19.8	19.8	39.6	29.1
Adult bovine or bullock - belly, backside, brisket - (muscle tissue deprived of visible fat)	19.7	19.7	39.4	29
Raw skinless whole chicken	19.4	19.4	38.8	28.5
Kid	19.2	19.2	38.4	28.2
Whole chicken with raw skin	19	19	38	27.9
Pork, light, shoulder	19	19	38	27.9
Pig, heavy, shoulder	19	19	38	27.9
Chicken, raw skinless thigh	18.7	18.7	37.4	27.5
Chicken, melted without raw skin	18.5	18.5	37	27.2
Turkey, bootleg, without raw skin	18.5	18.5	37	27.2
Chicken, melted with raw skin	18.4	18.4	36.8	27.1
Whole turkey, with raw skin	18.2	18.2	36.4	26.8
Turkey, melted, without raw skin	18	18	36	26.5
Turkey, melted, with raw skin	17.9	17.9	35.8	26.3
Chicken, upper boot with raw leather	17.4	17.4	34.8	25.6
Chicken, raw-skinned wing	16.7	16.7	33.4	24.6
Goose	15.8	15.8	31.6	23.2
Frog	15.5	15.5	31	22.8
Snail	12.9	12.9	25.8	19

Processed meats

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Greaves	40.8	20.4	40.8	30
Bresaola	32	16	32	23.5
Salame Felino	30.5	15.3	30.5	22.4
Dry-cured ham, boneless, lean (deprived of visible fat)	29.3	14.7	29.3	21.5
Salami hunter	28.5	14.3	28.5	21
San Daniele raw ham	28.3	14.2	28.3	20.8
Speck	28.3	14.2	28.3	20.8
Parma ham, lean (without visible fat)	27.5	13.8	27.5	20.2
Homemade salami	27.3	13.7	27.3	20.1
Raw ham, boneless	26.9	13.5	26.9	19.8
San Daniele raw ham, lean (without visible fat)	26.8	13.4	26.8	19.7
Milan salami	26.7	13.4	26.7	19.6
Naples salami	26.7	13.4	26.7	19.6
Salame Brianza	26.5	13.3	26.5	19.5
Fabriano salami	26.5	13.3	26.5	19.5
Mountain raw ham	26.2	13.1	26.2	19.3
Raw ham,	26.2	13.1	26.2	19.3
Parma ham	25.5	12.8	25.5	18.8
Hungarian salami	24.2	12.1	24.2	17.8
Parma Cup	23.6	11.8	23.6	17.4
Corned beef, canned	23.2	11.6	23.2	17.1
Cooked ham, lean (without visible fat)	22.2	11.1	22.2	16.3
Pork sausage, fresh, cooked, stir-fried	22.2	11.1	22.2	16.3
Pork sausage, dried	22	11	22	16.2
Lean bacon	21.7	10.9	21.7	16
Zampone, pre-cooked packaged	21.4	10.7	21.4	15.7
Cotechino, pre-cooked packaged	21.1	10.6	21.1	15.5
Stretched bacon	20.9	10.5	20.9	15.4
Capocollo	20.8	10.4	20.8	15.3
Baked ham	19.8	9.9	19.8	14.6
Zampone, pre-cooked packaged	19.1	9.6	19.1	14
Cotechino, pre-cooked packaged	17.2	8.6	17.2	12.6
Pressed beef, canned	16.5	8.3	16.5	12.1
Frankfurters, cooked	16.4	8.2	16.4	12.1
Pork sausage, fresh raw	15.4	7.7	15.4	11.3
Mortadella	14.7	7.4	14.7	10.8
Raw sausage	13.7	6.9	13.7	10.1
Beef and pork mortadella	13.3	6.7	13.3	9.8
Rabbit pate	13	6.5	13	9.6
Liver pate	12.7	6.4	12.7	9.3
Beef in jelly, canned	12.6	6.3	12.6	9.3

Liver sausage	12.4	6.2	12.4	9.1
Ham pate	11.3	5.7	11.3	8.3
Chicken pate	11.1	5.6	11.1	8.2

Fish and FisheryProducts

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Dry stockfish	80.1	40	240.3	176.7
Mullet	35.5	53.3	106.5	78.3
Fried sardines	32.3	48.5	96.9	71.3
Cod or hake, dried cod	29	43.5	87	64
Caviar	26.9	40.4	80.7	59.3
Trout, frozen, baked in the oven	26.7	40.1	80.1	58.9
Anchovy or anchovy, in oil	25.9	38.9	77.7	57.1
Smoked salmon	25.4	38.1	76.2	56
Tuna, in oil, drained	25.2	37.8	75.6	55.6
Tuna, in brine, drained	25.1	37.7	75.3	55.4
Anchovy or anchovy, salted	25	37.5	75	55.1
Cod or hake, frozen, microwaved	24.8	37.2	74.4	54.7
Cod or hake, soaked cod	21.6	32.4	64.8	47.6
Tuna, fresh	21.5	32.3	64.5	47.4
Farmed sea bass, fillets	21.3	32	63.9	47
Salmon, in brine	21.1	31.7	63.3	46.5
Common pandora	21	31.5	63	46.3
Cod or hake, frozen, cooked	20.9	31.4	62.7	46.1
Fresh sardine	20.8	31.2	62.4	45.9
Fresh sea bream, fillets	20.7	31.1	62.1	45.7
Blue whiting or pier fish, stockfish, soaked	20.7	31.1	62.1	45.7
Halibut	20.6	30.9	61.8	45.4
Trout, frozen, cooked	20.4	30.6	61.2	45
Farmed rainbow trout, fillets	20.3	30.5	60.9	44.8
Fresh sardines	20.3	30.5	60.9	44.8
Boiled lobster	20.2	30.3	60.6	44.6
Gold-mouthed bream	20	30	60	44.1
Corvina	20	30	60	44.1
Herring, smoked	19.9	29.9	59.7	43.9
Sea bream, frozen	19.8	29.7	59.4	43.7
Herring, salted	19.8	29.7	59.4	43.7
Fresh farmed sea bream, fillets	19.7	29.6	59.1	43.5
Mackerel or mackerel, in brine	19.3	29	57.9	42.6
Sturgeon	19.2	28.8	57.6	42.4
Look	19	28.5	57	41.9
Redfish	19	28.5	57	41.9
Whitefish	19	28.5	57	41.9
Carp	18.9	28.4	56.7	41.7
Pike	18.7	28.1	56.1	41.3
Fresh salmon	18.4	27.6	55.2	40.6
Suro or horse mackerel	18.3	27.5	54.9	40.4
Herring, marinated	18.3	27.5	54.9	40.4
Boga	18.3	27.5	54.9	40.4
Crab, canned	18.1	27.2	54.3	39.9
Salpa/Salema	18	27	54	39.7
Sand steenbras	18	27	54	39.7
Tench	17.9	26.9	53.7	39.5
Trout, frozen	17.8	26.7	53.4	39.3
Blue whiting or fresh pier fish	17.4	26.1	52.2	38.4
Sole, frozen	17.3	26	51.9	38.2
Cod or hake, frozen	17.3	26	51.9	38.2
Snapper, frozen	17.2	25.8	51.6	37.9
Fresh mackerel or mackerel	17	25.5	51	37.5
Raw cod or hake	17	25.5	51	37.5
Grouper, frozen	17	25.5	51	37.5
Sole, fresh	16.9	25.4	50.7	37.3
Anchovy or anchovy, fresh	16.8	25.2	50.4	37.1

Snapper, fresh	16.7	25.1	50.1	36.8
Fresh herring	16.5	24.8	49.5	36.4
Sea bass	16.5	24.8	49.5	36.4
Shrimps, peeled, frozen	16.5	24.8	49.5	36.4
Rhombus	16.3	24.5	48.9	36
Dogfish	16	24	48	35.3
Fresh lobster	16	24	48	35.3
Mullet	15.8	23.7	47.4	34.9
Mullet	15.8	23.7	47.4	34.9
Cod or hake, frozen, fillets	15.6	23.4	46.8	34.4
Catfish	15.5	23.3	46.5	34.2
Marinated eel	14.8	22.2	44.4	32.6
Trout	14.7	22.1	44.1	32.4
Sea eel	14.6	21.9	43.8	32.2
Atherina/ Big-scale sand smelt	14.6	21.9	43.8	32.2
Farmed eel, fillets	14.2	21.3	42.6	31.3
Race	14.2	21.3	42.6	31.3
squid	14	21	42	30.9
Shrimp, fresh	13.6	20.4	40.8	30
Squid, frozen	13.1	19.7	39.3	28.9
Eel	13	19.5	39	28.7
Squid, fresh	12.6	18.9	37.8	27.8
River eel	11.8	17.7	35.4	26
Mussel or mussel	11.7	17.6	35.1	25.8
Cod or hake, frozen fish fingers	11	16.5	33	24.3
Octopus	10.6	15.9	31.8	23.4
Oyster	10.2	15.3	30.6	22.5
Clam	10.2	15.3	30.6	22.5

Offal

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Pork liver, raw	22.8	22.8	45.6	33.5
Horse liver	22.4	22.4	44.8	32.9
Bovine liver	20	20	40	29.4
Sheep liver	19.5	19.5	39	28.7
Equine heart	18.7	18.7	37.4	27.5
Bovine spleen	18.5	18.5	37	27.2
Kidney of bovine	18.4	18.4	36.8	27.1
Pig heart	18.3	18.3	36.6	26.9
Raw beef tongue	17.1	17.1	34.2	25.1
Veal offal (heart, lungs, liver, spleen, kidneys)	17.1	17.1	34.2	25.1
Sheep heart	16.9	16.9	33.8	24.9
Bovine heart	16.8	16.8	33.6	24.7
Beef tripe	15.8	15.8	31.6	23.2
Lamb offal (heart, lungs, liver, spleen, kidneys)	15.7	15.7	31.4	23.1
Bovine lung	14	14	28	20.6
Brain of bovine	10	10	20	14.7

Eggs

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Chicken eggs, whole, in powder	51.9	26	51.9	38.2
Chicken eggs, yolk	15.8	7.9	15.8	11.6
Chicken eggs, yolk, frozen	15.8	7.9	15.8	11.6
Goose eggs, whole	13.8	6.9	13.8	10.1
Turkey eggs, whole	12.8	6.4	12.8	9.4
Chicken eggs, whole	12.4	6.2	12.4	9.1
Chicken eggs, whole, soft-boiled, or hard-boiled	12.4	6.2	12.4	9.1
Chicken eggs, whole, frozen	12.4	6.2	12.4	9.1
Duck eggs, whole	12.2	6.1	12.2	9
Chicken eggs, egg white	10.7	5.4	10.7	7.9

Cheeses

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Caciocavallo	37.7	18.9	37.7	27.7
Parmesan	33.5	16.8	33.5	24.6
Grain	33	16.5	33	24.3
Dairy (typical cheese from Veneto)	30.7	15.4	30.7	22.6
Gruyere	30.6	15.3	30.6	22.5
Sicilian Pecorino	28.9	28.9	57.8	42.5
Emmenthal	28.5	14.3	28.5	21
Provolone	28.1	14.1	28.1	20.7
Roman sheep's milk caciotta	27.7	27.7	55.4	40.7
Mixed caciottina	26.9	26.9	53.8	39.6
Pecorino romano	26	13	26	19.1
Pecorino cheese	25.8	25.8	51.6	37.9
Soft table cheese	25.4	25.4	50.8	37.4
Cheddar	25	12.5	25	18.4
Scamorza	25	25	50	36.8
Calabrian butirro	24.7	24.7	55.4	36.4
Tuscan caciotta	24.6	24.6	49.2	36.2
Fontina	24.5	12.3	24.5	18
Mixed caciotta	24.5	24.5	49	36
Burrini	22.1	22.1	44.2	32.6
Italic	21.2	10.6	21.2	15.6
Cow's milk caciottina	21.1	21.1	42.2	31
Camembert	20.9	10.5	20.9	15.4
Milk cream	20.6	20.6	41.2	30.2
Robiola	20	20	40	29.4
Brie	19.3	9.7	19.3	14.2
Green dessert	19.1	9.6	19.1	14
Gorgonzola	19.1	9.6	19.1	14
Taleggio cheese	19	9.5	19	14
Cow mozzarella	18.7	18.7	37.4	27.5
Stracchino	18.5	18.5	37	27.2
Fresh caciottina	17.3	8.7	17.3	12.7
Mozzarella buffalo	16.7	16.7	33.4	24.6
Growth	16.1	16.1	32.2	23.7
Feta	15.6	7.8	15.6	11.5
Small cheese, less fat	14.7	14.7	29.4	21.6

Goat cacioricotta	11.9	6	11.9	8.8
Cheese	11.2	11.2	22.4	16.5
Buffalo ricotta	10.5	10.5	21	15.4
Low-fat cheese flakes	9.7	9.7	19.4	14.3
Sheep ricotta	9.5	9.5	19	14
Light creamy spreadable cheese	9.2	9.2	18.4	13.5
Cow ricotta	8.8	8.8	17.6	12.9
Creamy spreadable cheese	8.6	8.6	17.2	12.6
Mascarpone cheese	7.6	7.6	15.2	11.2

Milk and Yogurt

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Cow's milk powder, skimmed	33.1	41.4	82.8	60.8
Cow's milk powder, partially skimmed	28.8	36	72	52.9
Cow's milk powder, whole	25.7	32.1	64.3	47.2
Cow's milk, sweetened condensed	8.7	10.9	21.8	16
Cow's milk, unsweetened evaporated	7	8.8	17.5	12.9
Greek yogurt, from whole milk	6.4	8	16	11.8
Sheep's milk	5.3	6.6	13.3	9.7
Buffalo milk	4.5	5.6	11.3	8.3
Goat milk	3.9	4.9	9.8	7.2
Whole milk yogurt	3.8	4.8	9.5	7
Goat yogurt	3.6	4.5	9	6.6
Pasteurized, skimmed cow's milk	3.6	4.5	9	6.6
Pasteurized cow's milk, partially skimmed	3.5	4.4	8.8	6.4
Milk yogurt, semi-skimmed	3.4	4.3	8.5	6.3
Whole UHT cow's milk	3.3	4.1	8.3	6.1
Milk yoghurt, skimmed	3.3	4.1	8.3	6.1
Pasteurized cow's milk, whole	3.3	4.1	8.3	6.1
UHT cow's milk, partially skimmed	3.2	4	8	5.9
Milk cream - 12% lipids	2.8	3.5	7	5.1
Cream or milk cream	2.3	2.9	5.8	4.2

Legumes

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Soy, protein isolate	86.5	43.3	86.5	63.6
Dry soy	36.9	18.5	36.9	27.1
Soy flour	36.8	18.4	36.8	27.1
Raw shelled dried broad beans	27.2	13.6	27.2	20
Raw beans	23.6	11.8	23.6	17.4
Beans - Raw dried cannellini beans	23.4	11.7	23.4	17.2
Raw dry lentils	22.7	11.4	22.7	16.7
Beans, dried black-eyed	22.4	11.2	22.4	16.5
Dried peas	21.7	10.9	21.7	16
Raw dried broad beans	21.3	10.7	21.3	15.7
Raw dried chickpeas	20.9	10.5	20.9	15.4
Beans - Raw dried Borlotti beans	20.2	10.1	20.2	14.9
Lupins, soaked	16.4	24.6	49.2	36.2
Beans - Raw fresh Borlotti beans	10.2	15.3	30.6	22.5
Fresh peas, cooked in a pan	9.7	14.6	29.1	21.4
Beans - Dry cannellini beans, cooked and boiled	8	12	24	17.6

Beans, cooked boiled	7.9	11.9	23.7	17.4
Dried chickpeas, cooked boiled	7	10.5	21	15.4
Dried lentils, cooked and boiled	6.9	10.4	20.7	15.2
Beans - Dried Borlotti beans, cooked and boiled	6.9	10.4	20.7	15.2
Beans - Canned Borlotti, drained	6.7	10.1	20.1	14.8
Canned chickpeas, drained	6.7	10.1	20.1	14.8
Fresh broad beans, cooked in a pan	6.1	9.2	18.3	13.5
Beans - Cannellini beans, drained	6	9	18	13.2
Beans - Fresh boiled Borlotti beans	5.7	8.6	17.1	12.6
Raw fresh peas	5.5	8.3	16.5	12.1

Cereals

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Wheat germ	28	2.8	5.6	4.1
Tortellini, dried	15.7	12.6	25.1	18.5
Emmer	15.1	12.1	24.2	17.8
Whole meal rusks	14.2	7.1	14.2	10.4
wheat bran	14.1	1.4	2.8	2.1
Childhood biscuits	13.8	11	22.1	16.2
Soy Crackers	13.1	6.6	13.1	9.6
Raw dry egg pasta	13	10.4	20.8	15.3
Durum wheat	13	10.4	20.8	15.3
Durum wheat flour	12.9	10.3	20.6	15.2
Farina d ' oats	12.6	10.1	20.2	14.8
Buckwheat	12.4	9.9	19.8	14.6
breadsticks	12.3	6.2	12.3	9
Common wheat	12.3	9.8	19.7	14.5
Tortellini, fresh	12.2	9.8	19.5	14.4
Whole wheat flour	11.9	9.5	19	14
Mile	11.8	9.4	18.9	13.9
Rye flour	11.7	9.4	18.7	13.8
Type 0 wheat flour	11.5	9.2	18.4	13.5
Soybean Cookies	11.5	5.8	11.5	8.5
Whole meal biscuits with soy	11.5	5.8	11.5	8.5
Semolina	11.5	9.2	18.4	13.5
Rusks	11.3	5.7	11.3	8.3
Hulled millet	11	8.8	17.6	12.9
Wheat flour type 00	11	8.8	17.6	12.9
Raw semolina pasta	10.9	8.7	17.4	12.8
Unleavened bread	10.7	5.4	10.7	7.9
Barley flour	10.6	8.5	17	12.5
Cracotte	10.5	8.4	16.8	12.4
Pearl barley	10.4	8.3	16.6	12.2
Breadcrumbs	10.1	5.1	10.1	7.4
Cheese crackers	9.8	4.9	9.8	7.2
Muesli	9.7	4.9	9.7	7.1
Salty crackers	9.4	4.7	9.4	6.9
Corn	9.2	13.8	27.6	20.3
Rosette-shaped bread	9	4.5	9	6.6
Sandwiches Milk	9	4.5	9	6.6
Type 1 bread	8.9	4.5	8.9	6.5
corn flour	8.7	7	13.9	10.2
Type 00 bread	8.6	4.3	8.6	6.3
Malted bread	8.3	4.2	8.3	6.1
Rye bread	8.3	4.2	8.3	6.1
Croissants	8.3	4.2	8.3	6.1

Type 0 bread	8.1	4.1	8.1	6
Oatmeal	8	4	8	5.9
White pizza	7.9	11.9	23.7	17.4
Whole meal biscuits	7.8	3.9	7.8	5.7
Oil bread	7.7	3.9	7.7	5.7
Whole meal type bread	7.5	3.8	7.5	5.5
Raw brown rice	7.5	6	12	8.8
Raw parboiled rice	7.4	5.9	11.8	8.7
Rice flour	7.3	5.8	11.7	8.6
croissants	7.2	3.6	7.2	5.3
Shortbread biscuits	7.2	3.6	7.2	5.3
Wafer biscuits	7.1	3.6	7.1	5.2
Pizza with tomato	7.1	10.7	21.3	15.7
Uncooked polished rice	6.7	5.4	10.7	7.9
Biscuits	6.6	3.3	6.6	4.9
Corn flakes	6.6	3.3	6.6	4.9
Puffed rice for breakfast	6	3	6	4.4
Pizza with tomato and mozzarella	5.6	8.4	16.8	12.4
Semolina pasta, cooked and boiled	4.7	3.8	7.5	5.5
Dry egg pasta, cooked and boiled	4.3	3.4	6.9	5.1
Sweet corn, canned, drained	3.4	5.1	10.2	7.5
Brown rice, cooked and boiled	2.5	5.3	10.5	7.7

Vegetables

Foods rich in proteins	Protein per 100g	Protein per Serving (80g leafy salads, 200g greens and vegetables)	% DV *	
			F.	M.
Boiled branchy green broccoli	15	30	60	44.1
black pepper	10.9	21.8	43.6	32.1
Artichokes, boiled	10.1	20.2	40.4	29.7
Brussels sprouts, boiled	6.7	13.4	26.8	19.7
Spinach, boiled	6.3	12.6	25.2	18.5
Bean sprouts	6.2	12.4	24.8	18.2
Black truffle	6	12	24	17.6
French fries, in a bag	5.4	10.8	21.6	15.9
Cauliflower, boiled	5.3	10.6	21.2	15.6
Peppers, cooked in a pan	5.2	10.4	20.8	15.3
Boiled field asparagus	5.1	10.2	20.4	15
Cultivated champignons cooked in a pan	4.8	9.6	19.2	14.1
Agretti, boiled	4.8	9.6	19.2	14.1
Cultivated mushrooms pleurotes/Oyster mushroom, cooked in a pan	4.7	9.4	18.8	13.8
Forest asparagus	4.6	9.2	18.4	13.5
Boiled thistles	4.5	9	18	13.2
Head broccoli, boiled	4.3	8.6	17.2	12.6
Raw Brussels sprouts	4.2	8.4	16.8	12.4
Boiled turnip broccoli	4.2	8.4	16.8	12.4
Boiled onions	4.1	8.2	16.4	12.1

Dry Fruits

Foods rich in proteins	Protein per 100g	ProteinperServing(150g fresh fruit; 30g dried fruit)	% DV *	
			F.	M.

Pine nuts	31.9	9.6	19.1	14.1
Peanuts, roasted	29	8.7	17.4	12.8
Sweet, dried almonds	22	6.6	13.2	9.7
Pistachios	18.1	5.4	10.9	8
Cashews	15	4.5	9	6.6
Walnuts, dried	14.3	4.3	8.6	6.3
Hazelnuts, dried	13.8	4.1	8.3	6.1
Walnuts	10.5	3.2	6.3	4.6
Macadamia	8	2.4	4.8	3.5
Pecans	7.2	2.2	4.3	3.2
Chestnuts, dried	6	1.8	3.6	2.6
Coconut, dried	5.6	1.7	3.4	2.5
Apricots, dehydrated	5.6	1.7	3.4	2.5
Figs, oven-dried and almond-flavored	5.2	1.6	3.1	2.3
Apricots, dried	5	1.5	3	2.2
Peaches, dehydrated	4.8	1.4	2.9	2.1
Avocado	4.4	6.6	13.2	9.7
Chestnuts, roasted	3.7	1.1	2.2	1.6
Figs, candied fruit	3.5	1.1	2.1	1.5
Dried figs	3.5	1.1	2.1	1.5
Coconut	3.5	1.1	2.1	1.5
Carob	3.3	1	2	1.5
Peaches, dried	3.1	0.9	1.9	1.4
Passionflower	3	4.5	9	6.6
Chestnuts	2.9	0.9	1.7	1.3
Dates, dried	2.7	0.8	1.6	1.2

Vegan foods

Foods rich in proteins	Protein per 100g	Protein per Serving	% DV *	
			F.	M.
Algae Spirulina dried	57.5	5.8	11.5	8.5
Hemp seeds	33	9.9	19.8	14.6
Seitan	25	25	50	36.8
Tempeh	20	20	40	29.4
Quinoa	14.1	21.2	42.3	31.1
Edamame	10.9	10.9	21.8	16
Tofu	9	9	18	13.2